

AWIC BOOK THERAPY PROJECT



**Association of Writers and Illustrators
for Children (AWIC)**

**Indian Section of International Board on
Books for Young People (IndBBY)**

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AWIC BOOK THERAPY PROJECT

*In December 2008, after the 26/11 terrorist violence in Mumbai, AWIC launched the **AWIC Book Therapy Project** with an aim to relieve stress in children through stories and books. Book Therapy is the art of healing through stories and books, capable of reducing stress levels, instilling positive values, and building hope for the future.*

Children suffer fears, complexes, and maladjustment problems as a result of natural calamities, man-made disasters, and psycho-social traumas at home and in schools. Through well trained facilitation of the reading process and providing suitable reading material, Book Therapy has a far-reaching influence on the mental health of children and in the all-round development of their personality.

Beneficiaries of the Book Therapy Project are not only children but parents, teachers, librarians, hospital staff, and social workers etc. AWIC provides expert guidance and training to all aspirants active in the field of child guidance and counselling.

The Association of Writers and Illustrators for Children (AWIC), the Indian Section of International Board on Books for Young People (IBBY) is a registered voluntary organisation committed to the development of good children's literature and promotion of reading among children, since 1981.

AWIC reading promotion activities have benefited victims of earthquake and tsunami disasters. Book Therapy encourages reading interests and reading skills in children, fulfilling the supreme objective of AWIC.

ACTIVITIES

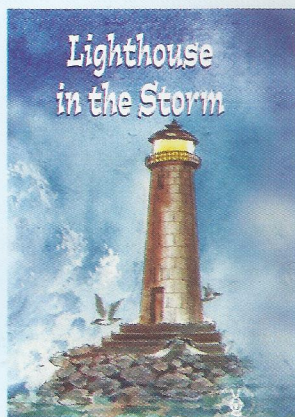
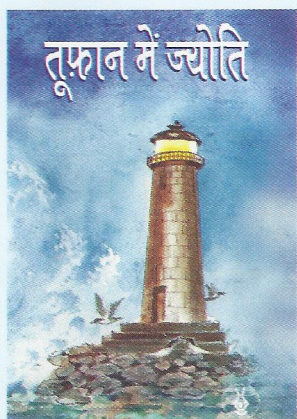
The **AWIC Book Therapy Project** plans to give a new dimension to its reading promotion activities. It includes—

- **Workshops for Educators** to enlighten them about the nature of Book Therapy, effects of traumas and the use of appropriate reading material to heal. It incorporates training in the application of using books as a tool for therapy. This is suitable

for teachers, librarians, therapists, hospital staff, writers, and social workers etc. as facilitators of Book Therapy. Lectures by Professors and Disaster Management experts have been organised at AWIC monthly get-togethers.

- **Workshops for Writers and Illustrators** to develop anthologies and books that heal and inspire hope. They emphasize the needs of the traumatised readers, developing special plots, emotional currents and value orientation in creative writing appropriate for Book Therapy. The instructions integrate tips for specific writing skills.
- **Reading Sessions** with children of all ages to promote reading and extend the impact of books, resolving the emotional burden of the reader. This is an important feature of Book Therapy.
- **Reaching out to schools** to support therapy through literature. Workshops have been organised for teachers to highlight the impact of books as a therapeutic tool.
- **Conferences and Seminars** to deliberate on the nature and impact of Book Therapy.
- **Annotated Catalogue** of books in Indian languages suitable for therapy. It is suitable for teachers, librarians, therapists, hospital staff, writers, and social workers etc.
- **Book Therapy Package** consisting of reading material and application procedures for Book Therapy.

ACHIEVEMENTS



- **International Conference on Book Therapy – Reading is Healing**, New Delhi, 2012.
- **Exhibition** of Books for Healing
- **Exposition** of the Hiroshima Holocaust presented by Hiroshima Peace Memorial Museum, Japan
- **Proceedings** of the International Conference on Book Therapy published in the special issue of *Writer and Illustrator Vol.31, No.3 & 4, Vol. 32, No.1*
- **Books**
Lighthouse in the Storm (English)
Toofan Mein Jyoti (Hindi) – Collections of stories for healing.

FUTURE PLANS

- Developing more books for healing
- Developing manuals to facilitate book therapy
- Developing Annotated Catalogue of Books for Healing from Indian languages
- Preparing and disseminating the Book Therapy package containing books, catalogue, and manuals to libraries, schools, and social service centres
- Assisting Disaster Management programmes
- Supporting Schools in facilitating Book Therapy
- Conferences and Seminars.

The AWIC Book Therapy Project is a continuing project.

Contact:

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